

Connection

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What's the best way for you to improve your health?

Find out with your own personalized Health Assessment at www.myuhc.com[®]

Although chronic diseases are among the most common and costly of all health problems, they are among the most preventable. Developing a chronic disease is not an inevitable part of aging; in many cases, the origin of chronic diseases is grounded in health-damaging behaviors practiced by people every day for much of their lives. That being said, the first step towards overall wellness is awareness and understanding any health risks you may have. You and your family have access, through www.myuhc.com, to take your own **free** personalized Health Assessment. You will immediately receive a confidential, comprehensive report that will help you identify your personal health needs, learn healthy habits and compare your "lifestyle score" to others of the same age and gender. Plus, you'll have access to several **free**

on-line health improvement programs focusing on areas such as nutrition, exercise, smoking cessation, stress relief and more!

You may be wondering what will happen with your personal information. **Rest assured, any and all information you disclose in your personalized Health Assessment is, and will remain, confidential.** By federal law (Health Insurance Portability and Accountability Act of 1996), this information cannot be shared without your permission. The information you give will never be shared with your employer and in no way at all will it affect your healthcare benefits. The purpose of this tool is to help you become more aware of your personal health needs and to provide you with the resources you need to help you meet your health goals, whether it be to lose weight, manage a chronic condition, eat better or quit smoking!

To get started, just visit www.myuhc.com and, under "Health Topics and Tools," click on "Assess and Improve Your Health." If you haven't yet registered with myuhc.com, click "Register Now." It's quick and easy and you'll gain access to all of your personal health benefits information, a wealth of health and wellness information and, of course, the online Health Assessment.

For your convenience, we have created this tear-off report card to help you track your health screening results.

Name:	Date:		
Height:	Weight		
Screening	Your Results	Ideal*	Ideal*
Blood Pressure		Systolic Less than 120	Diastolic Less than 80
Total Cholesterol		Total less than 200	LDL less than 100
Blood Glucose		Less than 110 mg/dl before a meal	Less than 140 mg/dl after a meal
Percent Body Fat		Males 14 – 24%	Females 21-31%
Body Mass Index		Males 18.5 -24.9	Females 18.5 -24.9

* Information provided by National Institutes of Health (NIH) and The American Council on Exercise (ACE)

For more health and wellness information, and to enter your screening numbers into your personalized Health Assessment, go to www.myuhc.com.

This report card is intended as a resource for informational purposes and is not meant to be a diagnostic tool. UnitedHealthcare does not provide health care services nor practice medicine. If your screening results are outside the ideal ranges provided above by NIH and ACE, we would suggest that you consult with your physician for diagnosis and, if necessary, appropriate treatment.

Lose Weight the Healthy Way

Fad diets and quick weight loss gimmicks have grown in popularity over the last several years. Yet, one thing remains clear among most experts: A healthy diet combined with exercise is the key to losing weight and keeping it off.

Healthy Diet

When you're trying to lose weight, it's important to reduce the number of calories in your diet. You can do this by making healthy food choices and watching your portion sizes. But, you shouldn't starve yourself or use fad diets. Talk with your doctor to find out how many calories you should have every day.

A healthy diet includes:

- **Low amounts of fat.** You need some fat in your diet for energy and vitamin absorption. But, no more than 30 percent of your total daily calories should come from fat. Be aware of the types of fat you're eating, too. High levels of saturated fat, which is found mainly in animal and dairy sources, can lead to high blood cholesterol levels. This puts you at greater risk of heart disease and other health concerns. A healthier alternative is monounsaturated fat. This type of fat is found in olives, olive oil, cashews and avocados. It actually has been shown to reduce the risk of heart disease.
- **Plenty of fruits, vegetables and whole-grain products.** This is where most of your calories should come from. These low-fat foods provide vitamins, minerals, complex carbohydrates and other substances that are good for your health.

Your diet should also be:

- High in fiber
- Low in cholesterol
- Low to moderate in sugars, salt and sodium

Exercise

Exercise is an important part of any healthy weight loss plan. Try to include at least 30 minutes of moderate activity most days of the



week. Walking, gardening, dancing, jogging and swimming are all great ways to keep moving.

There are many benefits to exercise. It reduces the risk of obesity, hypertension and heart disease. It also increases longevity and reduces feelings of anxiety, depression and stress. With a regular exercise routine, most people start to see and feel results in about four to six weeks.

Talk with your doctor before starting any weight loss routine. This is especially important if you're age 40 or older, have a health condition, or have been inactive for a while.

Visit www.unitedhealthwellness.com to learn about weight loss, nutrition, fitness and for other resources available.

Want to learn more about healthy diet and exercise?

Call NurseLine any time for information about your health concerns. Dial 1-866-696-5846.

Free Blood Glucose Meters Available

Please see below which companies to contact depending upon your Plan.

PPO and Indemnity Members with Express Scripts Prescription Plan

Free Meters Available to members on this plan coincide with the Lowest Tiered Glucometer Strips.

Bayer Glucose Meters

Call to order 877-229-3777.

- Accu Check
- Chemstrip bG

Roche Glucose Meters

Call to order 888-355-4242

- Ascensia Contour
- Ascensia Breeze

Choice HMO and High Deductible PPO plan Members with Medco Prescription Plan

Free Meters Available to members on this plan coincide with the Lowest Tiered Glucometer Strips.

Lifescan Glucose Meters

Call to order 888-722-1363.

- One Touch Ultra
- One Touch UltraSmart

Abbott Glucose Meters

Call to order 866-224-8892

- FreeStyle
- FreeStyle Flash
- Precision Xtra

**Please contact the
companies directly
and state you are a
Member with the State
Health Benefit Plan
with UnitedHealthcare
of Georgia.**

Health Screenings for Adults

This chart offers general health screening guidelines for people who aren't at high risk. It's based on the recommendations of the U.S. Preventive Services Task Force and other health organizations. These guidelines are updated frequently. You may need to have other screenings based on your individual health risks.

Talk with your doctor—he or she is your most important source of information about health screenings.

SCREENING	WHAT IT CHECKS FOR	WHEN AND HOW OFTEN
Ages 25 to 64		
Blood pressure	High blood pressure	Periodically*
Chlamydia	Chlamydia, a sexually transmitted disease	Routinely* for all sexually active women 25 years of age and younger, and for all women with an increased risk of infection
Cholesterol	High total cholesterol, and low HDL (good) cholesterol	Routinely* for men ages 35 and older and women ages 45 and older
Colorectal cancer	Colorectal cancer	Periodically* beginning at age 50
Height and weight	General health; obesity	Periodically*
Mammogram with or without clinical breast exam	Breast cancer	Every one to two years for women, beginning at age 40**
Pap	Cervical cancer	Routinely* for all women who have been sexually active and have a cervix
Ages 65 and Older		
Blood pressure	High blood pressure	Periodically*
Bone density	Osteoporosis	Routinely* beginning at age 65, beginning at age 60 for women with an increased risk
Cholesterol	High total cholesterol, and low HDL (good) cholesterol	Routinely*
Colorectal cancer	Colorectal cancer	Periodically*
Hearing	Hearing difficulties	Periodically*
Height and weight	General health; obesity	Periodically*
Mammogram with or without clinical breast exam	Breast cancer	Every one to two years for women
Pap	Cervical cancer	Every one to three years for women, periodically* after age 70 or at high risk
Vision	Vision problems	Periodically*

* Discuss frequency with your doctor.

** Effective January 1, 1998, Medicare requires coverage for annual mammograms for all women ages 40 and older.

Your Child's "Shots"

Immunizations for Good Health

You want your child to be healthy. Immunizations can help. Many are given as "shots." They can protect your child against many diseases.

Shots can keep your child from getting:

- Chickenpox
- Diphtheria
- Hepatitis B
- Hib (hemophilus influenza bacteria)
- Measles
- Mumps
- Polio
- Rubella (German measles)
- Tetanus (lockjaw)
- Pertussis (whooping cough)
- Pneumococcal disease
- Influenza
- Hepatitis A
- Meningococcal disease

Tips That Can Help

- Ask your doctor what your child needs. Also ask at what age your child should get them.
- Most are given by the time your child is 2 years old. But, some are given into the teen years.
- Your child needs all of the shots in the series. Your doctor will tell you what these are. Your child will not have full protection if he or she only gets some of the shots.
- Your child may run a fever. Or, he or she may have a little swelling where the shot was given. If your doctor says it's OK, give your child Tylenol. Follow directions carefully. *Don't give aspirin to anyone younger than age 19. It's linked to Reye's syndrome. This condition is rare, but sometimes can cause death.*
- Shots are very safe in general. Most reactions are mild. Serious reactions are rare. Diseases are much more dangerous than the shots. Worried about your child getting shots? Call your doctor or clinic to ask questions.

- Follow your doctor's schedule. When your child is getting one shot, make an appointment for the next.
- Don't miss your child's doctor visit. If you have to cancel, set up another one.

Keep Good Records

- Ask your doctor for a shot record to keep track of the shots your child has had. The doctor or nurse will write on the card after each shot.
- This is an important record. Keep it in a safe place. Child care providers and schools will ask for it.
- Bring the record to every doctor's visit.



***Want to learn more about
your child's health?***

**Call NurseLine any time.
Nurses are available day
and night. And, the call is
free! Dial 1-866-696-5846.**

Feeling Anxious?

Most people experience mild anxiety at some point in their lives. According to the National Institute of Mental Health, anxiety is a normal reaction to stress. It helps people deal with a tense situation in the office, study harder for an exam or keep focused on an important speech. In general, it helps you cope. But when anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling disorder.

Whether due to fear of flying, driving, crowds or social situations, anxiety disorders can be crippling to those who suffer from them. There are many types of anxiety disorders. Here are a few that may be more prevalent in light of recent worldwide events:

- Generalized Anxiety Disorder — uncontrollable worry — usually about everyday things like health, money and career — that lasts six months or more
- Post Traumatic Stress Disorder — can follow exposure to a traumatic event, such as a physical assault, witnessing a death, or a natural disaster
- Specific Phobias — excessive fear of an object or situation that ultimately causes avoidance, such as fear of flying, crowds, or dogs

Take, for example, the fear of flying phobia. While the Department of Transportation states that flying is 29 times safer than driving a car, statistics do not help ease the fear for those with an anxiety disorder.

Anxiety is the uncontrollable fear of what *might* happen, rather than what is happening. This makes it very difficult to rationalize.

Fear of flying and other worries about travel can restrict our personal and professional lives. To someone experiencing a phobia, the fear is very real, and it can be crippling. If you or someone you care about is suffering from a phobia that is interfering with work or personal life, it is important that the person seeks treatment from a mental health professional.

Additional Resources

National Institute of Mental Health

Information, resources and facts about anxiety disorders.

<http://www.nimh.nih.gov/healthinformation/anxietymenu.cfm>

Bureau of Consular Affairs

This Web site contains up-to-date information regarding travel to foreign countries, including travel warnings issued by the State Department.

<http://travel.state.gov>

Reminders Program –

Can't remember when you had your last cholesterol test? Worried your child hasn't had all of his immunizations? UnitedHealthcare's Care Coordination Department will periodically mail brochures to individuals who may have missed preventive screenings or exams. You don't need to enroll – so, check your mailbox and then follow up with your doctor.

It just makes sense.®

To view current and back issues of
this publication, please visit
www.dch.georgia.gov.

Address Updates

You could be missing out on important mailings.

For active employees, please complete and submit a Dependent/Miscellaneous Update form that is available online at www.dch.georgia.gov. Forms should be completed and returned to your payroll location to your payroll office/benefit manager.

For retired employees, please submit the following information:

- Name
- Subscriber number from your UnitedHealthcare ID card
- Current Address
- New Address
- Telephone number
- Signature authorizing the address change

Retirees mail to: State Health Benefit Plan
P.O. Box 38342
Atlanta, GA 30334



IMPORTANT CONTACT INFORMATION

Where To Go When You Want Information

www.myuhc.com

Personalized tools, information and answers for managing your health care. Logon anytime 24/7 to get important benefit, claim and health information on the Internet when it is convenient for you!

www.liveandworkwell.com

An informative Web site with a behavioral health clinician directory, comprehensive health articles and tools, and more.

www.unitedhealthwellness.com

An exciting portfolio of workplace and online programs to help improve your health and well-being. UnitedHealth Wellness offers access to a broad range of new and existing resources that include information, tools and other services to help you stay healthy.

NurseLineSM: 866-696-5846

Talk to a Registered Nurse 24 hours, seven days a week and access thousands of topics in the Health Information Library.

Care CoordinationSM

Refer to the customer service phone number on the back of your ID card.

PPO/Indemnity: 877-246-4189

Choice HMO: 866-527-9599

High Deductible PPO: 877-246-4195

Consumer Driven Health Plan: 800-396-6515

Retirees: 877-246-4190

The *Connection* will be made available monthly via the Georgia Department of Community Health myuhc.com site (www.myuhc.com/groups/gdch) to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefits plan.

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UnitedHealth WellnessSM is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations. Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals.

Insurance coverage provided by or through United HealthCare Insurance Company.
Health Plan coverage provided by or through United HealthCare of Georgia, Inc.

